

SALUTE

United States Air Force Recruiting Office located at 1319 1/2 Cartori Ave., Torrance, made the announcement recently that six local youths have completed their initial phase of Air Force Basic Military Training at Yacklund AFB, Texas and have been further selected for Technical Training with the USAF Aerospace Force.

Those completing their training were Airman Leonard R. Coley Jr., Airman William J. Verburg, Airman Wesley H. Rollins, Airman Marvin R. Edwards, Airman James F. Cook and Airman Calvin F. Mosher.

New airmen have been selected for Air Force Training with Airman Coley assigned to Fuel Supply School at Amarillo AFB, Texas; Airman Verburg assigned to Radio Maintenance School at Keesler AFB, Mississippi; Airman Rollins assigned to Radio and Radar Maintenance School at Keesler AFB; Airman Edwards assigned to Fireman School at Glasgow AFB, Montana; Airman Cook assigned to Fuel Supply Specialist School at Wurtsmith AFB, Michigan and Airman Calvin Mosher to Aircraft and Missile Maintenance School at Amarillo AFB, Texas.

Technical Sergeant Duane K. Hetler, local Air Force Recruiter, announced that the above persons were selected for their individual schools on the basis of their interests and aptitudes as demonstrated by a battery of aptitude test which were administered prior to their acceptance into the United States Air Force.

All young men between the ages of 17 and 27 that are interested in finding out what opportunities are available to them in the U.S. Air Force are encouraged to contact Sgt. Hetler at his office or by calling FAirfax 8-1404.

EDMUND E. WALKER, seaman apprentice, USN, son of Mr. and Mrs. Edmund Walker of 426 Harbor Hills, Lomita, returned to Long Beach, Calif., Dec. 18, aboard the destroyer USS Alfred A. Cunningham following a seven-month cruise with the Seventh Fleet in the Western Pacific.

While in the Far East, the ship visited Japan, Hong Kong, Okinawa and the Philippines.

THOMAS W. FERRER, son of Mrs. Mary W. Cabatin of 22718 Gulf Ave., Torrance, Calif.

Ferrer graduated from recruit training Dec. 9 at the Naval Training Center, San Diego, Calif.

The graduation exercises, marking the end of nine weeks of "boot camp," included a full dress parade and review before military officials and civilian dignitaries.

In nine weeks of instruction, the "raw recruit" is developed in a Navy Bluejacket, ready for duty with the fleet.

Battle of the Bulge

For several months now, hopeful fatties all over the country have been mixing a powdered food concentrate with water and drinking their meals. One day's ration contains only 900 calories. Anyone who sticks to the daily ration of the liquid mixture is bound to lose weight.

Any person who is greatly overweight should not attempt to diet without a doctor's supervision. The same goes for anyone with kidney, heart or blood vessel disease. And you might not know about such illness without a doctor's examination.

There's no magic in the food concentrates. If you ate no more than 900 calories a day of anything — even chocolate ice cream with hot fudge — you'd lose weight. However, you might not be on a balanced diet.

The better concentrates — check you brand name with you doctor — do contain adequate amounts of protein, fat, carbohydrate, vitamins, and minerals. What's more, they do the calorie-counting for you. No chance to cheat.

Plant deciduous fruit trees this month. Also grapes, cane berries and strawberries.

GOVERNMENT SURPLUS SALES

NOW anyone can buy DIRECT from U.S. GOVERNMENT SURPLUS DEPOSITS, by mail for yourself or for resale. Cameras, binoculars, cars, leeks, trucks, boats, hardware, office machines and equipment, tents, tools and tens-of-thousands of other items at a fraction of their original cost. Many items brand new. For list of hundreds of U.S. Government Surplus Depots, located in every State, and overseas with pamphlet "How Government Can Ship Direct To You," plus procedures, HOW TO BUY and how to get FREE SURPLUS, mail \$2.00 to SURPLUS SALES INFORMATION SERVICES, P.O. Box No. 1818, Washington 5, D.C.

ELECTRIC BLANKETS

Guaranteed to keep you toasty warm! These top quality twin-size electric blankets are made by Cosco, come in an assortment of enchanting pastel colors, now at the electrifyingly low price of just

\$11.99
Regularly \$21.95

CANNON BATH TOWELS

Thirsty first quality towels in rainbow pastel shades or snow white. 22"x46" size. You'll want several sets of these terry towels at this low price.

59¢
Regular 98¢

KING-SIZE DISH TOWELS

Large enough and soft enough to make you feel like a queen! You'll like their cheerful bright white with red stripe trim. 24"x27" Magic Chef priced at just

3 for 88¢

FROZEN POTATO PATTIES

Ore-Ida
12-Ounce Package
10¢

U.S.D.A. Government Graded "CHOICE" STEER BEEF • Best Center Cuts

7-Bone Roast



Here is the fine beef aged to eating perfection and trimmed of excess fat before weighing. You'll find these superb meats this week's outstanding meat buy. They are downright delicious when slowly cooked in moist heat. Serve pot roast with vegetables this weekend — it's sure to make a hit with the family.

One price, none priced higher

43¢
lb

U.S.D.A. Government Graded "CHOICE" STEER BEEF

BONELESS CROSS RIB ROAST

If you roast it, brown all sides first. Season generously with Lawry's seasoning salt. To add the gourmet's touch, slit both ends and insert small piece of garlic. Wrap in foil and roast.

69¢
lb



U.S.D.A. Government Graded CHOICE Steer Beef

CHUCK STEAK

Here's a low cost steak for the whole family dinner that's sure to please. For added flavor and tenderness marinate over night in your favorite recipe.

49¢
lb



GROUND BEEF SALE

Magic Chef Finest Lean and Juicy Ground Beef is prepared hourly. It's sure to please everyone and make meals quick and easy.

GROUND BEEF 39¢
lb.

GROUND CHUCK 59¢
lb.

GROUND ROUND 69¢
lb.

Yellow Cling, Sliced or Halves
DEL MONTE PEACHES

Large No. 2 1/2 Can
23¢

- Luscious colorful desserts! Tall 303 can. **19¢**
- Crackers **25¢**
- Sauce **15¢**
- Hand Soap **25¢**

Easy and Simple Way To Reduce
PLAN 89¢
Just Pour and Drink
Chocolate or Vanilla
Quart

WEL NGES

Extra Fancy
Washington Winesap
APPLES 25¢
lbs

Certi Fresh, Heat 'n' Eat

FRIED FISH STICKS 49¢
14-oz. Package

Gorton's Fresh Frozen

BREADED SHRIMP 69¢
1-lb. Package

Fresh Fillet, No Waste

RED SNAPPER 49¢
lb.

White Meat

NORTHERN SCALLOPS 69¢
1-lb. Roll

Magic Chef's Own Sandwich Loaf

Kosher style PASTRAMI 99¢

Homemade at Magic Chef
COLE SLAW 29¢
Pint



MAGIC CHEF GOURMET GALLEY

Cinnamon-Sugar Filled Treat! Regular 39¢

ELEPHANT EARS 29¢
2 Layers Covered with a rich, tempting Carmel icing
SPICE CAKE 69¢
Cinnamon Streusel. Starts your morning off right.
Coffee Cake 49¢
Regular 59¢

Del Amo Shopping Center
Corner of Hawthorne & Sepulveda

MAGIC CHEF

